

Mold and Your Health



Can mold make me sick?

Mold can make some people sick. The problems mold cause are often the same as any allergy that affects your nose, throat, and lungs.

The most common health problems due to mold are:

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- runny nose
 - stuffy head
 - itchy eyes
 - cough
 - trouble breathing
 - sore throat
 - sneezing
 - headaches
 - rash
 - fatigue
 - upper respiratory infections
 - asthma attacks

If you or someone in your home has asthma:



Being around mold can cause serious problems for a baby, child or adult who has asthma or other immune system issues.

You can't always stop mold from growing in your house, but it is very important that mold is cleaned up quickly to make sure that it will not trigger an asthma attack or cause other serious problems in people who are already sick.

Read the Michigan Department of Community Health's fact sheets "**All About Mold**" and "**Steps to Cleaning Mold**" for instructions on how to find and safely get rid of mold growing in your home.

How can mold make me sick?

You can get sick from mold by:

- breathing in the tiny spores that mold releases
- touching the mold with your skin
- touching your eyes, nose, or mouth with fingers that have mold spores on them
- eating food that has mold on it



Is it a cold or is it mold?



One way you can tell if your health problems are due to a mold allergy or if you are sick is to pay attention to how you feel when you are away from the place you think has mold.

If you feel better when you leave your home or office for a while, then there may be mold or something else that you are allergic to there.

If your problems do not go away, then you might have a cold or other sickness.

I have some questions about mold and my health. Who can I call?

We are sorry, but the Michigan Department of Community Health can't provide medical advice like a doctor can.

If you are worried that mold is making you sick, please make an appointment with a doctor.

Association of Occupational and Environmental Clinics

If the doctor is not able to help you or you would like to find a specialist near you, visit the Association of Occupational and Environmental Clinics' website at www.AOEC.org or call 1-888-347-AOEC.



This association provides lists of clinics and doctors that know how to help people who have been exposed to too much mold.

Is more information available?

Yes! Contact the Michigan Department of Community Health at 1-800-648-6942 or visit www.michigan.gov/mold for these other fact sheets:

- All About Mold
- Steps for Cleaning Mold
- Mold and Renter Disputes
- Mold and Home Owners
- All About Mold (for Health Care Providers)

